Wellness Network

High-Risk Drinking Prevention

High-risk drinking is a significant issue at The University of Texas at Austin that affects students academic performance and safety as well as their physical and mental health. The University of Texas is addressing this issue through a comprehensive and campus-wide approach to reduce negative consequences related to alcohol.

Alcohol Use by Students
Excessive alcohol consumption presents a problem at UT. Students’ perception of alcohol use overestimates actual use.

Environmental Determinants
Party school expectations and events combined with an abundance of alcohol outlets creates an environment conducive to risky drinking.

Peer and Social Influences
- Drinking games
- Encouragement by peers/desire to fit in
- Group purchasing of alcohol
- Bar outings

Social Event Influences
- Football tailgating
- Round Up
- Spring break and SXSW
- Austin City Limits Music Festival
- Campus social events
- Birthdays
- Course schedule, academic calendar, and end of semester celebrations

Hawaii Driver License
20% of students under the age of 21 reported missing one or more classes because of a hangover

Over 1200 places sell alcohol in a 5 mile radius

Data Sources: Fall 2013 National College Health Assessment
Consequences
High-risk drinking produces adverse consequences not only for the student and direct social networks but also the entire UT community.

Individual and Peer Consequences
- Adversely affecting academics
- Mental health and substance abuse disorders
- Unprotected sex
- Fighting and other aggression
- Sexual assault
- DUI/DWI and other legal troubles
- Death and physical injury

Campus and Community-Level Consequences
- Crime: physical and sexual assaults
- DUI/DWI-related crashes
- Property damage
- Hazing
- Negative branding
- 4-year graduation rate
- Financial cost

Preventing High-Risk Drinking and Related Consequences
UT is addressing high-risk drinking through a series of strategies targeted at different populations to reach the entire campus and those students most at risk.

Campus/Community Level
- UT Wellness Network
- BeVocal: bystander intervention
- Know Your Line: social norms campaign
- Greek letter organization recruitment and event policies
- Student Amnesty for Alcohol Emergencies: reduce barriers for getting medical attention
- Campus E-Bus and SafeRide: sober transportation to and from downtown
- Center for Students in Recovery: peer groups and activities
- Motivate to Moderate: group substance abuse treatment
- Student judicial organizational sanctions and hazing education
- Residential Assistant Training: awareness of alcohol policies and programs

Interpersonal Level
- Alcohol-free social & campus events
- BASICS
  - Think About It
- Peer mentor programs
- Peer educator workshops
- Safe spring break promotions
- Individual substance use/abuse counseling

Data Sources: Fall 2013 National College Health Assessment